



**Objective:** To understand the importance of recording local recipes accurately.

1. The Beef Stew recipe is incomplete in the computer database.

Ingredient Number	Name	Quantity
13999	Beef Canned, w/ Natural Juice	11.10 lb.
04044	Oil, Soybean	.5 cup
20081	Flour, All Purpose White, Enrich	12.0 oz.
02030	Pepper, Black	1.5 tsp
00082	Beef Stock	1.5 gal
11376	Potato, Canned, Drained	.75 #10 Can
02047	Salt, Table	1.0 tbsp

2. Complete the local recipe by adding three more vegetables of your choice. Select and enter the ingredient number, variety and amount selected.

Vegetable	Ingredient Number	Variety	Quantities
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

3. Complete the nutrient information found on the screen for your local beef stew recipe.

	Calories	mg Sodium	g Protein	g Carbohydrate	g Fiber	RE Vitamin A
Incomplete Local Recipe	222	1089	21.63	9.75	.90	0
Complete Local						



1. Why should local recipes be written? \_\_\_\_\_
2. What specific information about ingredients should be included in local recipes? \_\_\_\_\_